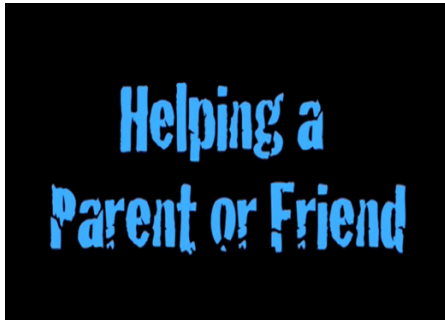




Video

## Helping a friend or parent who may have a drinking problem



**Evidence ratings:**



This resource has undergone expert review. See our Help/Q&A section for more details.

**Year:** Year 9–10, Year 11–12

**Targeted Drugs:** Alcohol, Drugs (General)

**Tags:** help, family, advice, helping a loved one

**Origin:** Australian

**Cost:**

Free

### Available

This video is available on YouTube

Watch 'Helping a friend or parent who may have a drinking problem'

### Developers

Tune In Not Out, Australian Lions Drug Awareness Foundation. Filmed and Edited by Rose Schramm for Wide Angle Tasmania. Interviewee: Bill, Holyoake.

### Summary

This 5-minute video provides advice for young people in identifying and helping when a loved one may be experiencing problems with alcohol. It encourages young people to open conversation with a loved one they are concerned about, and direct their loved one to services if needed. It also reminds them to seek support for themselves when faced with this situation.

### Expected Benefits

- Knowledge on how to act if a friend or parent's drinking is of concern.

### Evidence Base

**Expert Review\*:**

This video provides age-appropriate advice for young people who are faced with a loved one whose drinking is of concern. The video uses a simple question and answer format, and uses coloured text to highlight important points, increasing accessibility for viewers. This video provides a concise starting point for young people who may not know how to approach an issue of a loved one's problem drinking.

\*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

